

	KYOKUSHINKAI SYLLABUS					
	Tachikata	Tsuki	Uke	Keri	Kata	Diverse
10. kyu	Haisoku Dachi Musubi Dachi Heiko Dachi Soto Hachiji Dachi (= Shizen Tai / Fudo Dachi) Sanchin Dachi Zenkutsu Dachi	Seiken Oi Tsuki (J/C/G) Seiken Gyaku Tsuki (J/C/G) Seiken Ago Uchi Seiken Shita Tsuki Seiken Kagi Tsuki (Chudan) Hiji Ate (J/C) Age Hiji Ate (J/C) Chudan Mae Hiji Ate Ushiro Hiji Ate Oroshi Hiji Ate	Jodan Uke Mae Gedan Barai (begge med Seiken og Shuto)	Hiza Geri Kin Geri Mae Geri (Chusoku) (J/C/G) Mae Chusoku Keage	Taikyoku Sono Ichi Taikyoku Sono Ni	Kokyu Ho : Nogare Push-ups : 15 Sit-ups : 40 Spensthoop : 15 Chins : 3 Tobi Geri : egen høyde Jiyu Kumite : 60 sec
9. kyu	Kiba Dachi Tsuru Ashi Dachi Uchi Hachiji Dachi	Uraken (Shomen) Ganmen Uchi Uraken Sayu Ganmen Uchi Uraken Hizo Uchi Uraken Mawashi Uchi Uraken Oroshi Ganmen Uchi Shuto Yoko Ganmen Uchi Shuto Hizo Uchi Shuto Sakotsu Uchi Shuto (Sakotsu) Uchi Komi Shuto Jodan Uchi Uchi	Chudan Soto Uke (Seiken & Shuto) Chudan Uchi Uke (Seiken & Shuto) (Chudan) Uchi Uke Gedan Barai	Haisoku Mawashi Uchi Keage Teisoku Mawashi Soto Keage Mawashi Geri (J/C/G - Chusoku / Haisoku) Kansetsu Geri Sokuto Yoko Geri (J/C) Sokuto Yoko Keage Ushiro Geri (J/C/G - Kakato) Ushiro Mawashi Geri (J/C/G - Kakato)	Sokugi Taikyoku Sono Ichi	Push-ups : 20 Sit-ups : 45 Spensthoop : 20 Chins : 4 Tobi Geri : egen høyde Jiyu Kumite : 60 sec
8. kyu	Kokutsu Dachi				Taikyoku Sono San Sokugi Taikyoku Sono Ni	Push-ups : 30 Sit-ups : 50 Spensthoop : 30 Chins : 5 Tobi Geri : +10 cm Jiyu Kumite : 2 x 60 sec
7. kyu	Neko Ashi Dachi				Sokugi Taikyoku Sono San	Push-ups : 35 Sit-ups : 55 Spensthoop : 35 Chins : 5 Tobi Geri : +10 cm Jiyu Kumite : 3 x 60 sec
6. kyu	Kake Ashi Dachi	Nihon Nukite (= Me Tsuki) Yonhon Nukite (J/C) Tettsui Komi Kami Tettsui Oroshi Ganmen Uchi Tettsui Hizo Uchi Tettsui Yoko Uchi (J/C/G)	Morote Chudan Uchi Uke Shuto Mawashi Uke		Pinan Sono Ichi Pinan Sono Ni	Kokyu Ho : lbuki Push-ups : 40 Sit-ups : 60 Spensthoop : 40 Chins : 8 Tobi Geri : +15 cm Jiyu Kumite : 4 x 60 sec
5. kyu	Moro Ashi Dachi	Shotei Uchi (J/C/G) Jun Tsuki (J/C/G)	(Mae Shuto) Mawashi Uke Shotei Uke (J/C/G)		Sanchin No Kata	Push-ups : 45 Sit-ups : 65 Spensthoop : 45 Chins : 8 Tobi Geri : +15 cm Jiyu Kumite : 5 x 60 sec
4. kyu		Koken Uchi (J/C/G)	Koken Uke (J/C/G)	Kake Geri (J/C/G - Chusoku / Kakato) (Mae) Kakato Geri (J/C/G) Oroshi Uchi Kakato Geri Oroshi Soto Kakato Geri Age Kakato Ushiro Geri	Pinan Sono San Pinan Sono Yon	Push-ups : 50 Sit-ups : 70 Spensthoop : 50 Chins : 10 Tobi Geri : +20 cm Jiyu Kumite : 6 x 60 sec
3. kyu		Haito Uchi (J/C/G) (Seiken) Morote Tsuki (J/C/G)	Seiken Juji Uke (G/J) Shuto Juji Uke (G/J) Haito Uchi Uke Kake Uke (J/C) Morote Kake Uke (J/C) Osai Uke Gedan Shotei Morote Uke Gedan Shuto Morote Uke		Yantsu Tsuki No Kata	Push-ups : 55 Sit-ups : 75 Spensthoop : 55 Chins : 10 Tobi Geri : +20 cm Jiyu Kumite : 10 x 60 sec
2. kyu		Hira Ken Tsuki (J/C) Hira Ken Oroshi Uchi Hira Ken Mawashi Uchi		Tobi Mae Geri Tobi Nidan Geri	Pinan Sono Go Ura Taikyoku Sono Ich & Ni	Push-ups : 60 Sit-ups : 80 Spensthoop : 60 Chins : 12 Tobi Geri : +30 cm Jiyu Kumite : 12 x 60 sec
1. kyu		Ryuto Ken Tsuki (J/C) Naka Yubi Ippon Ken (J/C) Oya Yubi Ippon Ken (J/C)		Tobi Yoko Geri Tobi Mawashi Geri Tobi Ushiro Geri	Gekisai Dai Ura Taikyoku Sono San	Push-ups : 65 Sit-ups : 100 Spensthoop : 65 Chins : 12 Tobi Geri : +30 cm Jiyu Kumite : 15 x 60 sec
Shodan					Ura Pinan Sono 1 - 5 Tensho Saifa	Tameshiwari Push-ups : 75 Sit-ups : 150 Spensthoop : 75 Chins : 15 Tobi Geri : +30 cm Jiyu Kumite : 20 x 60 sec
Nidan					Seienchin Gekisai Sho Kanku Dai Seipai	Tameshiwari Push-ups : 100 Sit-ups : 150 Spensthoop : 100 Chins : 15 Tobi Geri : +30 cm Jiyu Kumite : 30 x 60 sec
Sandan					Garyu Sushiho	Tameshiwari Push-ups : 100 Sit-ups : 150 Spensthoop : 100 Chins : 15 Tobi Geri : +30 cm Jiyu Kumite : 40 x 60 sec
ekstra	Seiza Kamae Dachi Anza (sittende, beina i kryss) Shiko Dachi (sumo-stilling) Han Zenkutsu Dachi Han Kiba Dachi	Seiken Tate Tsuki (J/C/G) Seiken Kagi Tsuki Jodan Jodan Ushiro Mawashi Hiji Ate Jodan Oroshi Hiji Ate Ippon Nukite Haishu Uchi (J/C) Age Jodan Tsuki Morote Haito Uchi (J/C) Oya Yubi Ken Gedan Hitosashi Yubi Ippon Ken (J/C) Toho Uchi Keiko Uchi	Juji Gedan Barai (Seiken / Shuto) Mawashi Gedan Barai (Seiken / Shuto) Shuto Jodan Uchi Uke Chudan Haito Uchi Uke Sune Uke Morote Haito Kake Uke (J/C) Hiji Uke (J/C/G)	Hiza Geri versjoner : Ganmen, Mae, Yoko, Mawashi, Uchi, Soto, Tobi, etc... Age Jodan Mae Geri Chusoku Jodan Uchi Haisoku Geri Tobi Ushiro Mawashi Geri Tobi Ushiro Haisoku Mawashi Geri	Kihon Kata Ichi Kihon Kata Ni	revidert 11.06.2002 Erik Grindheim www.grindheim.net